

THE EMPRESS EXPRESS

VOLUME VII. NO. 31

EMPRESS, ALTA. THURSDAY, JAN. 1st, 1920

Price: \$1.50 Per Year

Announce Bospital Dates

Posters containing announcement of the holding of second annual bospital of the Empress



PROGRESS can only be assured by looking ahead and preparing for it. Farmers—by exerting forethought in raising cattle, hogs and other readily saleable products—can add to their worth. This Bank aids and encourages every kind of agricultural operation.

THE STANDARD BANK OF CANADA
SINGAPORE BRANCH
W. E. REID, MANAGER
W. E. REID, MANAGER

Carling Club, on January 27 to 30, has now been made. Two trophies are for open competition—Pingle and Anderson; The Storey Cup is for closed competition. Consolation and Grand Aggregate Events will also be included in the prize list. With the general improvements in the rink building this year, the extra sheet of ice, and more outside competing rinks, members are looking forward to a most successful bospital.

Avoid Cold Weather Troubles

Have Your

Car Magneto Charged

Magnets Tested Free

J. WILLIAMSON

We wish Customers and friends a
**HAPPY
And Prosperous
New Year**

(Miss) M. E. Peers

SECURITY

A Savings Bank Account not only provides an assurance for the present, but guarantees you security in the future.

To save is to succeed—

THE CANADIAN BANK OF COMMERCE

PAID-UP CAPITAL \$15,000,000
RESERVE FUND \$15,000,000
EMPRESS BRANCH, R. L. Kenay, Manager.

Vandyne

W.I. Doings and Locals

A Christmas tree and entertainment was given on December 23, under the auspices of the W.I. The children and young people furnished an enjoyable program, and the W.I. a plentiful supply of candy, nuts, oranges and apples also refreshments.

Santa Claus appeared at the proper time and presented each child with a present or two and entertained the audience for about an hour. He was a jolly old fellow and played his part well, but said he could not stay too long as he had to hasten on to other places.

Each bachelor was presented with a cake baked in a baking powder tin. The next regular meeting of the Vandyne Branch W.I. will be held at Mrs. C. F. Dahl's, on Thursday, January 8, 1920, instead of the first Thursday, which falls on January 1, New Year's Day.

At the annual meeting of the Vandyne W.I., held December 4, the following officers were elected: President, Mrs. M. F. Gordon; Vice-President, Mrs. J. W. Cain; Sec. Treas., Mrs. J. Young; Directors, Mrs. W. M. Dolling, Mrs. C. F. Dahl, Mrs. W. V. Blood, Mrs. H. Stubbington.

Born—To Mr. and Mrs. C. F. Dahl, on December 3, a daughter.

At the Christmas entertainment on December 23, several conspicuous presents were delivered. Clarence Blood, J. W. Cain and Miss Vera Blood, were among the favored.

Mrs. W. V. Blood, entertained a crowd of friends and relatives on Christmas Day.

Harold Heimbrun has recently purchased a gasoline engine and is now busy moving it home.

Miss Johnson entertained a large number of friends to dinner on Christmas day.

Chas. Heiden, who has been absent in Minneapolis obtaining

Method Changed in Leasing of Grazing Lands

A recent order-in-council which has just been gazetted brings into effect a change in the method of leasing in the three prairie provinces. The order which formerly governed permits on grazing lands in those provinces is rescinded and it is provided that all permits shall be on a yearly basis. These permits will terminate on April 1 and will provide for rental of ten cents per acre per annum.

The permittee shall not graze any other than his own stock, neither shall he assign or transfer any interest in the permit without the consent of the minister being first obtained. He must place on the land at least one head of stock for every thirty acres of land included on the permit.

Get your typewriter supplies, printed stationery, counter check books, etc. from the Empress Express.

medical aid, has returned much improved.

Mr. and Mrs. C. F. Dahl, Mr. and Mrs. M. F. Gordon, and J. W. Cain, were the guests of Mr. and Mrs. J. Young on Christmas Day.

Sever Dahl, reports that he was chef at a goose celebration held at Rankin Moore's on Christmas Day, with eleven bachelors present. Nothing like good goose, says Sever.

Have you seen J. W. Cain since he became the proud uncle of a ten pound boy?

Hubert Dolling and Ritchie Hendry are at present working in a lumber camp in B.C.

Mr. and Mrs. Wm. Heiden, spent Sunday, December 21, at C. F. Dahl's.

Inman Lorentson, who has been thinking of leaving us for some time, is still with us. He hates to leave such a good locality as Vandyne.

Mr. Young and family, Mr. C. Dahl and family, J. W. Cain and Hogan Hansen, are to enjoy New Year's dinner at Mrs. M. F. Gordon's.

Anglican Church

Baptised, December 28, 1919, in St. Mary's Church—Olive Mary and Douglas Alexander, children of Samuel and Elizabeth Hourie.

Violet Alice, daughter of George Arthur and Charlotte Durk. Raymond Clifford Albert, son of Walzey and Lillian Leach. Leslie John, son of William Thomas and Eliza Beatrice Roberts.

John Arthur, son of John (deceased) and Mable Alice Bowman.

Mrs. Kirkpatrick of Lethbridge, was the guest of her sister, Mrs. J. C. Hughes, during the Christmas holidays.

Curling Results

	WON	LOST
Pybus.....	3	4
Rowles.....	2	5
Crosbie.....	5	3
Pool.....	3	2
MacCharles.....	5	2
Hayes.....	4	3
W. Clark.....	0	4
Watt.....	5	1
Leach.....	6	2
Boswell.....	2	5
Cusack.....	1	5
Kenny.....	2	5
Robertson.....	2	4
I. Clark.....	3	4
Grey.....	3	3
Keith.....	6	2
Dawdy.....	3	3
McEachern.....	3	3
Boyd.....	2	4
Hall.....	0	6
Bindloss.....	4	3
Scott Brown.....	5	4

United Church

Sunday, Jan. 4. — Sunday School and Adult Bible Class at 2:30 p.m. Public worship, 7:30 p.m. You are cordially invited. Prayer meeting and bible study Thursday evening at 8 o'clock. Everybody welcome.

Douglas Fairbanks in "Say, Young Fellow"

That ever popular screen star, Douglas Fairbanks, scored another triumph with his new photoplay, "Say, Young Fellow."

In this picture, Mr. Fairbanks is a newspaper reporter who does stunts which the average cub reporter might well envy. He interviews a millionaire who has never been interviewed before, and he uncovers a fraudulent scheme in a big factory town which is run by a big man, a sort of boss. In accomplishing these journalistic triumphs, the Fairbanksian athletic stunts are continuously in evidence, including vaulting, scaling the front of a building, battling a band of infuriated factory hands, and the like. It is perhaps unnecessary to say that there is not a dull moment in the picture.

Mr. Fairbanks is splendidly supported by Frances Zempson, Marjorie Daw, Elythe Chapman, James Neill and other capable players. The photography was excellent and the direction, by Joseph Henaberry, who also wrote the story, was highly artistic.

Good Place to Eat at

B.C. Restaurant

CENTRE STREET

You will enjoy our meals. We are proud of our service

Board and Rooms. Popular Prices.

A Good Resolution is to
Subscribe to the "Express"

AT THIS SEASON of the Year our Thoughts turn to those Whose Friendly Business has made Possible Bigger and Better Things, and we Extend to you A HEARTY GREETING FOR A MERRY CHRISTMAS AND A HAPPY AND PROSPEROUS NEW YEAR.

Bindloss, Cavendish and Estuary Cheques cashed at par

Mail Orders receive Special attention.

N. D. STOREY
EXTRA STEPS MEAN DOLLARS SAVED

Victory Bonds taken as Cash



MAGIC BAKING POWDER

Contains no alum

We unhesitatingly recommend Magic Baking Powder as being the best and purest baking powder possible to produce. It possesses elements of food that have to do the building up of brain and nerve matter and is absolutely free from alum or other injurious substitutes.

25

The Old Year and the New

When the great guns along the western battle front in Europe were silenced at the eleventh hour of the eleventh day of the eleventh month in 1918, by the signing of the armistice, most people throughout the world expected that before another twelvemonth expired a Peace Treaty would be drafted and ratified and brought into full force and effect more than a year has passed and, at the time of writing, the nations of the world are still technically at war, although actual fighting ceased on November 11, 1918.

Although peace has not yet come in its fullness, the year now closing has been a memorable one in the history of the world. It has witnessed the drafting and acceptance by most nations of a covenant of the League of Nations for the preservation of peace once it is established; it has seen incorporated in that covenant the new Monroe Charter of Labor; thus has the foundation been laid for better relations, not only between nations, but between the outstanding classes to be found in a nation, and which in the past have been suspicious of and antagonistic towards each other.

The year also witnessed the crowning infancy of the German nation in the form of the surrendered German Empire as a *Reich*. It has been marked by widespread industrial upheavals throughout the world, from which Canada did not escape, although in comparison with other lands we got off lightly.

The principal upheaval in Canada has been in the political thought of the people, a turning away from old organizations created for the purpose of giving effect to the political notions of the people, and an acceptance of a new political movement which it is felt by many others greater hope of an early realization of needed political and economic reforms in this Dominion.

In this column just one year ago the soul-stirring words of the poem by the late Colonel McCrea in "Flamers' Fields" was quoted, in which the people of Canada and the world were urged to keep faith with the men who sleep where the blood-red poppies grow. In the year that has since passed, we believe, speaking generally, that the people of Canada have striven to keep faith. The political awakening of the people, to which reference has been made, is the outcome of a desire that Canada shall be made a better land. The splendid efforts put forth by all people to assist in the work of the re-establishment of returning soldiers in civil life, and the aid which has been given to the maimed and sick, and the dependents of the fallen, is an evidence of a sincere desire to keep faith.

The truly wonderful response to the last Victory Loan was in order

that Canada as a nation might keep faith and "clean up" its war obligations. The re-awakening of the people in regard to matters of education, public health, community service, and the forward movement in the churches, and the earnest efforts being exerted in many quarters to bring about a better understanding between employers and employees, are all the result of an honest conviction that the Canadian people must keep faith with their glorious and heroic dead.

Despite adverse crop conditions in many parts of the West, industrial unrest and trouble, political uncertainty, and the delay in peace arrangements, resulting in commercial handicaps and losses, coupled with the still mounting cost of living as a result of these and other untoward conditions, Canada has gone ahead and prospered. And if our people in the new year now dawning continue to be inspired with the thought, and animated by a pressing desire to keep more than a year's peace, then the year upon which we are entering will prove glorious in the annals of this position.

But it is only in steadfastly keeping the faith that this young, vigorous nation can have the future in its mighty influence for good in the world that its present position, so dearly won by the soldiers of the world, enables it to wield. And to become truly great and a power for good among the nations, it is not sufficient that Canada should produce great crops of wheat, develop great herds of cattle and other livestock, and enormously expand its export trade throughout the world. These are important and necessary, but it is even more important that they be made to contribute to the general good of the world. The moral life of our people be raised to a higher plane, that the health and physical standard of people be improved, that only in purpose and action the whole community together. It breaks down barriers. It unites the state. It gives hope to the humblest toiler. And it strengthens the moral ideal of duty, without which no state can endure.

Nearly all children are subject to worms, and many are born with them. They suffer, and suffer by using "Grimm's Worm Expeller," the best remedy of the kind that can be had.

Belgium Expanding Industries
Further evidence of the Belgian industrial expansion is shown in the formation of the Compagnie Transatlantique Belge, official announcement of which has just been made. Its capital is 25,000,000 francs. With a view to creating a transatlantic line to South America, the Lloyd Royal Belge has ordered its first steamer of 12,000 tons.

Minard's Liniment Cures Distemper
Air Mail Service in the U.S.
Air mail services are five times as great today as they were six months ago, according to a report issued by the Aerial Mail Service of the U.S. post office department. The great gain is due to the extension of the service by the inauguration of the new York-Chicago route, an air line of 710 miles. Today the air mail service operates 85 planes. The main improvements installed in the last few months are use of fire-proof mail compartments, carburetor screens preventing backfire, and compressed air fire extinguishers, operated automatically.

Kilkenny Castle is one of the oldest inhabited houses in the world, many of its rooms being much as they were 300 years ago.

Audiences in Russian theatres are forbidden to applaud.

If Tea or Coffee Disagrees
the quick and easy way to satisfaction
and better health is to drink

POSTUM

This pure cereal beverage
has not increased in price
though it has been raised with its
flavor. Very economical.
"There's a Reason"

CHILBLAINS

Relief and Quick Cure with
EGYPTIAN LINIMENT

For Sale by All Dealers
Dunlop & Co., Proprietors, Niagara, Ont.

Regulations to Save Canadian Wild Game

Dogs Chasing Game May Be Shot at Sight by Park Officials

Regulations giving protection to the Dominion parks, published in this week's Canada Gazette, forbid hunting within the confines of a Dominion park, or the possession of any game or trophies of the chase within such confines. Nests of wild birds must not be disturbed, and cats, except under exceptional circumstances, are to be shot at sight by forest officers. Where the superintendent deems necessary he may issue a license for keeping a cat, and all dogs must be licensed. Dogs chasing or molesting game may be shot at sight by park officials.

Persons residing in, visiting, or travelling through the Dominion parks with firearms in their possession must have their firearms registered on entry and the seal must not be broken except by a duly authorized person. Rifles or guns which are confiscated, if unused, and the person owning them be subject to further penalties. Parties travelling through the Dominion parks must register their firearms, the route to be travelled, and, with park officers and forest guards, must be permitted to enter the parks to prevent the setting out of poison or gas for taking, injuring or destroying game at any time of the year. The maximum penalty for violation is \$500 or six months' imprisonment.

A Pill That is Priced—There have been many pills put upon the market and pressed upon public attention, but this one having no harmful ingredients, so much favored as Farnes's Vegetable Compound, has been proved to have as much value as any other. It has been proved to have as much value as any other.

Sheep and Goat Raising

Facts That Goats Are Considered Immune from Tuberculosis

The sheep and goat industry in Canada is the latest to be taken over by the government. It is one of the most important of the Dominion's industries. It is one of the most important of the Dominion's industries. It is one of the most important of the Dominion's industries.

Ranchers Purchase Breeding Stock
Ranchers in the interior have purchased a great deal of new breeding stock recently. One of the most important importations was the introduction into the Ontario-Vancouver syndicate of ranchers, of a carload of pure bred Polled Angus cattle, at \$400 per head.

An Old Offender Caught

For years he has caused endless trouble, but when Paterson's Corn Extractor was applied, he came out rotten. He was in the house for twenty-four hours by "Putnam's Extractor," 25c, at all dealers.

Welcomes "New Poor"

Invited to Canada by Ontario's Agents

Will Canada become the home of the so-called "new poor" of England? There are a great many of these people in the British Isles now, and some of them are finding it a real problem to make their income meet the rising costs of living. The "new poor" is a term that is being applied to people on a fixed income who prior to the war lived on a moderate income from interest on investments. Today their incomes are the same as they were in 1914, but expenses as they may, they find it difficult to live. Brig-Gen. R. Macleod Sims, D.S.O., Agent-General for Ontario in England, has written to "The Times," pointing out the position in Canada for people of this class, and inviting them to emigrate to the Dominion.

Danish Union of Employers
Copenhagen has outstripped the rest of Europe in forming a union of employers to counteract strikes. The transport workers who quit work were informed by the employers' union that if they did not return within a stated time all employers would boycott them.

Alberta's Boy Sheep Breeders

Have Made Over \$500 During the Past Year

Two small Edmonton boys, 12 and 14 years old, have made over \$500 during the past year in the sheep business. Last winter they had fourteen ewes, four ewe lambs and one ram. From thirteen of these ewes they had seventeen lambs. They sold the wool this summer for \$100, as well as \$400 worth of shorn fleeces. They left fourteen ewes, nine ewe lambs and one ram. They exhibited two lambs at the spring show, got first and second prizes, and in addition to this earning for a hundred or so chickens. They passed the entrance and are now in high school.

The names of these two energetic farmers are Willie and Robert Carleton, sons of the livestock commissioner of the province, who has a farm about four miles out of Edmonton.

Big Irrigation Scheme

It is estimated that the cost of the new irrigation project north of the town, known as the Lethbridge Irrigation District, will be between three and four million dollars. The scheme embraces about 100,000 acres.

I was cured of terrible lumbago by MINARD'S REV. M. BROWN.

I was cured of a bad case of carache by MINARD'S LINIMENT.

MRS. S. KAULBACK.

I was cured of sensitive lungs by MINARD'S LINIMENT.

MRS. S. MASTERS.

Petrified Forest

Fallen Tree Monarchs, Millions of Years Old, Turned to Rocks

Within the stretch of Arizona's desert lies sixty square miles of petrified forest. The trees preserved for all time petrified tree monarchs, millions of years, turned to rocks. Some trunks, sometimes five feet in diameter and fifty feet in length, or cracked smoothly into blocks, are transformed into everlasting stone. The method of petrification, by which the giant trees became rock, was one of the strange alchemies of nature. Probably the wash of water from hot mineral springs rich in silica was the cause. The chemical, permeating the tissues of the plant, acted as a preservative, and the result was the original structure and detail of the tree with astonishing perfection of detail.

Minard's Liniment Cures Diptheria

Growth of Elevator Company
The Saskatchewan Co-operative Elevator Company shows a net profit of \$108,000.12 at the end of the fiscal year. Within nine years the company has expanded from 46 elevators to 230 shareholders to 316 elevators with 6,813 shareholders. The volume of grain handled by the farmers' company in the last year was 2,841,556 bushels, the elevator at Estlin holding the record for the season with 238,750 bushels.

One Great Essential

To a Woman's Health Is Her Nerves.

Nature intended women to be strong, healthy and happy as the day goes on, instead of being weak, wretched. But how can a woman be happy and happy when her nervous system is unstrung? The trouble is they pay more attention to their social and household duties than they do to their health. It is not only the body that is weak, but the mind and nerves, and everything in life becomes dark and gloomy. The remedy is to take Dr. Williams' Pink Pills for Pale People. They are the very remedy that nervous, tired, and weak women need to store them to the blessings of good health.

Dr. P. H. Ryan, Sand Point, N.S., writes: "I have been a great sufferer from nervousness, and my nerves and nervous I could not sleep at night and my appetite was very poor. I could walk across the floor without trembling. I had hot flashes and fainting spells. When I was married my second box of Milburn's Heart and Nerve Pills was sent me. I kept on until I had used six boxes when I felt like a different person. I can never without them in the house, and recommend them to all who suffer from nervousness." Price \$6.00 a box at all dealers or direct on receipt of price by The T. M. B. Co., Limited, London, Ont.

SUNDAY SCHOOL LESSON

LESSON FOR DECEMBER 28

REVIEW: THE TRAINING OF PETER AND JOHN

A good way to review the lessons of the six months' course of study is to go back to the beginning and try to arrange them under three heads, as follows: 1. Their Call; 2. Their Training; 3. Their Service. We have now completed, has to do with the calling and training of Peter and John. The last half of the lessons for the first quarter of 1920 will have to do with their service.

1. Their Call.

1. To be disciples (Lesson 1), John 1:20-42.

Before Christ turns for service he calls to salvation.

2. To be fishers of men (Lesson 2), Mark 1:14-20.

It would seem that after their conversion the disciples had gone back to their trade of fishing. Those who are called by Christ unto salvation should go back to their ordinary callings in life, if they be honorable, until he definitely calls them into special service.

3. Their Training.

1. Jesus in Peter's home (Lesson 3), Mark 1:29-39.

Christ's entry into Peter's home and the healing of his wife's mother occupying the first of the disciples, confessed both the Messiahship and Deity of Christ.

2. Jesus in the boat (Lesson 4), Mark 6:1-13.

The disciples were offered at the revelation of the cross; their hopes and fears were all centered in Jesus, but not beyond the cross. The transfiguration convinced them not only of his essential glory, but gave them a foreglimp of his triumph in the coming kingdom (II Peter 1:16-18).

3. Jesus corrects John's narrowness of vision (Lesson 5), Luke 9:18-27.

The disciples needed to know that all who are really doing the Lord's will are to be saved and called into Christ's name and should be received into fellowship and hidden Godspeed. Religious intolerance is displeasing to Jesus.

4. Jesus teaches true greatness (Lesson 9) John 13:1-16.

The true great are those who take the lowest place in service for others.

5. Peter and John asleep in Gethsemane (Lesson 10), Luke 22:39-46.

Though Christ was suffering the awful agony in the garden, his disciples were asleep. Because they did not stay awake, they were failed in the hour of temptation.

6. At the trial crucifixion and resurrection of Jesus (Lesson 11), Luke 22:47-23:56.

Peter's presumptuous self-confidence kept him from heeding the Lord's warning. He played the coward and even indulged in oaths. Note the contrast in Peter's downfall: (1) Self-confidence (Mark 14:29). Jesus had just told them that "all of them should be offended, but Peter was determined to show the Lord that he was mistaken in him. (2) Failure to watch (Mark 14:37). Self-confidence is always followed by unfaithfulness. One who thinks himself strong will go to sleep. (3) Failure to pray (Mark 14:38). Zeal without knowledge (Mark 14:47). Peter thought now to make up for his lack of watchfulness and prayer by the use of his sword. Many today are equally foolish. (4) Following after evil (Mark 14:54). Peter followed the crowd and was led to the very place where he was to be crucified. (5) Denial (Mark 14:66-72). (6) Warming himself at the enemies' fire (Mark 14:54). (7) Open denial (Mark 14:66-72).

Will Advertise Canadian Beef

Black Hector, grand champion beef steer of Canada, sold to J. Kennedy, Ltd., at public auction in Toronto at 75c per pound, has been placed at the disposal of the Canadian beef stock commission.

Kennedy's agent in London, England, to advertise Canadian beef in Europe.

The champion is now in the hands of the best advantage, and the proceeds given to whatever worthy institution the London agent and the commission may decide on.

Mrs. Lilian Taylor Tells How Cuticura Healed Her Baby

"Our baby was two weeks old when his face became very red and itchy. He was very uncomfortable and we were very anxious to get him better. We tried many things but nothing helped. Then we heard of Cuticura and we bought it. We used it and in a few days his face was all right. We are very grateful to Cuticura for what it has done for our baby."

Cuticura is a powerful and reliable skin medicine. It is the best for all skin diseases, including eczema, psoriasis, and other conditions. It is also good for the hair and for the scalp. It is a true skin healer.

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BRODIE Store News



MAY

Good
Cheer

reign in the
homes of
our district this

Xmas

and that

we all enter the

New
Year

with the determi-
nation to make it

A prosperous and

Happy One



W. R. Brodie
MERCHANT

Canada Food Control
License No. 8-6338

THE EMPRESS EXPRESS

Published in the interests
of Empire and District
Subscription price \$1.50 per year,
to any part of Canada or
Great Britain

\$2.00 to the United States
Business locals 50c. for five lines
or less, over five lines 10c. per
line. Display advt. rates made
known on application.

E. S. Seaton Proprietors A. Haskin

THURSDAY, Jan. 1, 1920

The Close of the Year

The close of the year is al-
ways a time for serious thought
and reflection. The past crowds
upon us at such a time with far
more than usual intensity and
especially forces upon our at-
tention our faults, failures and
mistakes. Let us look them
fairly in the face and profit by
them. The wise man always
does this. The careless and in-
different go on committing
the same follies and making
the same mistakes, never profit-
ing by their own experiences
or the experiences of others.
Every man makes mistakes. It
may not be his fault the first
time, but he is responsible if he
makes the mistake a second
time. We believe that the se-
cret of success with those who
who succeed, and the cause of
failure with those who fail, will
be found largely in the ability
and disposition to study the
causes of both success and fail-
ure, not only in one's own ex-
perience, but in that of others.
The farmer now has leisure to
review the operations of the
year, and he should do it can-
dily and critically. Make a
complete analysis of every im-
portant operation. Find the
weak places in it and trace
them to their origin. Nothing
will prepare farmer, or busi-
ness man, so thoroughly for the
operations of the years to come
as this kind of searching in-
vestigation.

And while we are about this
business we should look just as
carefully into our record of
moral responsibility. Serious
study of our weak points, in
mind and morals, and of means
to strengthen them, is a very
profitable business at any time.
If pursued assiduously will
strengthen and develop all that
is good and admirable in our
nature, and make us better,
stronger and nobler. We can
wish no better thing for all our
readers than that they begin
the new year animated by a

Farmer's Column

Mayfield Grain Growers
Mayfield Grain Growers held
their regular meeting, Monday,
December 29, at the home of
Thomas Leach, Josephine.
There was a very good attend-
ance.

Mr. Thomas Howies, president,
is back from Saskatoon for his
Christmas holidays, and pre-
sided.

Mr. Howies gave a very good
report of the district convention
held at Saskatoon, November 5,
and also the upcoming con-
vention at Kinsley. He
having been our delegate at
both these conventions. The
next meeting, which will be the
annual meeting will be held on
January 10, at the home of
Jan. Norris, Josephine. Every-
body welcome, social evening to
follow business meeting.

Chesterfield

At a meeting of the Chester-
field Local G.G.A., held at the
Public Hall, on Tuesday De-
cember 30, 1919, it was decided
to hold two meetings per month
for January, February and
March, and the following pro-
gramme was decided upon:

January 2, card party; Janu-
ary 16, dance. February 6,
concert and social; February
20, debate. March 5, social even-
ing (puzzle the chairman); Mar-
ch 19, dance. Everybody will
be welcome at these meetings.

It was decided to send the
following resolution to the An-
nual Convention G.G.A.: "Re-
solved that this local, through
the medium of Central, have an
investigation made by the Gov-
ernment as to what it costs to
produce the following farm im-
plements: Binder, Drill,
Gang Plow."

To G.G. and U.F.A. Locals
In the Empire District

The editor of the "Express,"
has kindly consented to con-
dense all the farmers
news, and any items of in-
terest from the various farmers
associations around Empress,
under this heading and form a
farmers column. You are ear-
nestly invited to make the col-
umn a success. Mayfield Grain
Growers will do their share.
Now it's up to you.

firm resolve to turn all its ex-
perience into profit for them-
selves, mentally, morally, so-
cially and materially, and then
to faithfully carry out the res-
olution.

We Join in that Old-Time Wish to
You:

A Merry Christmas

and a

Happy New Year

Imperial Lumber Yards Ltd.

EMPRESS, Alta. BINDLOSS, Alta.
R. H. Richards, Manager C. Debolt, Manager

CALL TO-DAY. AGENTS FOR GALT COAL
King Ventilating Systems

Miss Florence Hudson, of
Calgary, was the guest of her
parents here, over Christmas
Day and Friday.

\$1.50

will assure you the "Express"
regular, every week, for a year

Canadian Pacific Railway

Change in Train Service

Effective January 18th, 1920, there will
be a general change in train service.
Times for trains at Empress will be:
No. 65 No. 570 No. 671 No. 66
Daily except Sunday. Daily except Sunday.
p.m. a.m.
11.15 5.30 a.m. Empress to 7.00 7.30
Trains 65 and 66 will operate between
Empress and Swift Current, only.
For further particulars apply to any
ticket agent.

J. E. PROCTOR,
District Passenger Agent,
Calgary.



The
Express

from Now to
December, 1920

\$1.50

Ship your Cream to

Swift Current. Prompt and correct
returns are assured. The price of butter is still going
up, consequently the price of butterfat has now
reached a point never thought of before.

The Saskatchewan Creamery Co.

W. L. Trimble, Manager

Swift Current Branch

It is again a great privilege to wish all our good Cu-
stomers, large and small, and all whom we wish were
our Customers:

A
Merry Christmas

followed by

A New Year of Great Prosperity
and Happiness

J. I. Stoudt



That our Customers
may enjoy a

Most Prosperous

New
Year

is our earnest wish

B. L. Dawdy & Co.

Jewelers and Opticians
Centre Street :: Empress

FOUND NOTICE

Notice is hereby given that by virtue of
the power granted under Section 208 of
"The Rural Municipality Act" and of
Bylaw No. 1 of the Rural Municipality
of Acadia No. 241:

One lay Mare, right front foot white,
and left hind foot white and a white
stripe from nose to tip of forehead.
S. E. L. Burgess, Poundmaster,
S. E. 24, 24, 2, w 4, Empress, Alberta

Pullin's Livery
and Feed Barn

under
New Management

Auto Livery in connection

Draying and Contract Work
Undertaken

Your work solicited

Office at Barn, 1st Street, East
N. R. STAPLES

Furniture
Repairing
Upholstering
Repolishing

bring us that old
table, chair or
settee, etc.

We can make them
look like new

Empress Automobile
Finishers

2nd Avenue E., Empress, Alta.

RESULTS COUNT
NEWTON LANE

Professional Auctioneer
Arrangements for sales and sales made at this
office.

GENERAL
DRAYING

Light or Heavy Work

Transfer to and from C.P.R.
Depot

Prompt attention given
to all work

E. H. FOUNTAIN

At McArthur's Old Stand

SHOE REPAIRING

We can do you a
First Class Job

See First

J. Hughes

West of Post Office

Professional Cards

MEDICAL

Dr. Donald MacCharles
Physician and
Surgeon

Centre Street, opp. dentist's
office.

LEGAL

D. S. SUTHERLAND
BARRISTER, SOLICITOR
NOTARY PUBLIC

COMMISSENER FOR OYSTER
Solicitor for The Town of Empress
The Union Bank, Ltd.

Money to Loan
Office on Centre St. EMPRESS, Alta.

UNDERTAKING

WILLIAM PULLIN—Fun-
eral Director and Embalmer.
Full supply of caskets always on
hand. All work attended to
promptly day or night, and sat-
isfaction guaranteed. Hearse in
connection.

WM. TORRY
Contractor and Builder
PLANS and ESTIMATES
Work Guaranteed
EMPRESS ALBERTA

GEO. A. DURK
Interior Decorating
Carpenter and Contractor
Estimates and Designs Submitted
Empress Alberta

R. M. HENDERSON
REAL ESTATE
Conveyancing Loans, etc.

Agent for
Canada Life Assurance
Company

Centre Street Empress

Blodgett's--January CLEARANCE SALE

(HERITY'S OLD STAND)

The Time for Talk Is Past.

What You Want To Know Now Is--

Where Will My Dollar Buy The Most?

Come in and be convinced that, This Is The Place.

Sale Prices on all Heavy Winter Goods will be Effective until January 17, 1920.

ULSTER OVERCOATS, Blue Chinchilla and Dark Grey Checks	20.00	BLACK MACKINAW COATS Leather-bound Strain Points	8.00	CHAMOIS - LINED WINTER CAPS	1.50
WOOL MACKINAW COATS checked	12.00	Heavy-Knit WOOL SWEATERS from	10.00	Wool and Cloth WINTER CAPS	1.00
Chamois-Lined Toques, Riding, Skating or Curling	1.00	Sheep-wool Sox, leather	1.25	Fur-Lined Ear Lugs	1.00
Muskrat and Mink Caps, from	5.00	Felt House Slippers	1.50	Heavy-fleece 2-piece, per Garment	1.00
Heavy Fall Caps	1.00	Storm Rubbers, cloth tops	1.75	Heavy-ribbed " "	1.75
Work Shoes, from	5.50	Storm Rubbers, plain	1.50	Heavy-ribbed, all wool " "	2.75
Fine Shoes, from	6.50	Men's Cashmere Hosiery, from	.75	Heavy-fleece Combs., per Suit	2.50
Felt-lined Leather Shoes	6.50	One-buckle Overshoe, No. 1 stock	2.50	Heavy-ribbed, all wool, " "	4.50
Heavy Felt Shoes, leather soles	3.25	Two-buckle Overshoe, " "	3.25	Snag-proof Overalls and Smocks, Standard Stifel Denim, per garment	2.25
Heavy Felt Bunkums, felt soles	3.00	Four-buckle Overshoe, " "	3.50	Heavy double - stitch, hand-knit, P. & D. Mitts	.65
Sheep-skin Wannigans	3.25	One- " 2 Straps, Overshoe " "	3.50	Penman's Seamless Wool Mitts	.60
				Heavy Grey, all wool Sox, from	50

20 p.c. Reduction on all Mitts, Gloves, Work Shirts and Pants



Store will be Open for Business on Monday and Saturday Evenings each week for the balance of the Winter for your convenience.

M. A. BLODGETT, Empress, Alberta

Agent for "Leishman Clothing" Best Tailored Garments for Men.

The "Forks" Meat Market

Wm. Pullen and Son

Holiday Poultry

Place your orders now. We are getting select birds, and do not wish to disappoint customers.

Highest Cash Prices for Hides and Furs

Battery Storage

is a necessity



DON'T HESITATE

bring your battery to us and save the cost of a new one in the spring.

CENTRAL GARAGE

2nd St. West

Agents McLaughlin Cars

Cleveland

The Christmas entertainment of St. Peter and Paul Church, Cleveland, was held Christmas Eve, December 24. The attendance was large, and eighty-four children shared the Christmas cheer provided. A collection taken previously among the parishioners had been liberally subscribed to, and there was a plentiful supply of sweets, nuts, fruits and presents for the children. A good program was rendered and a tableau of "The Birth of Christ," was excellently presented by, B. Kluczy, S. Pawlak, T. Jablonski, Mesdames Frenzel and F. Pawlak, and Miss R. Marburn; Christmas hymns were sung and recitations and singing by the children also took place. This is the first time that Santa Claus has appeared in person among the children of the Cleveland district, and they were indeed pleased to see the old gentleman. At twelve o'clock, supper was served af-

ter which everybody departed for their homes having spent a pleasant time.

Thanks are due to those who gave donations and otherwise helped towards the success of the entertainment. We also wish to thank Messrs. W. R. Brodie, J. Cusack and Wm. Pullen, of Empress, for their donations.

Business is Business

"Business is Business," the Little Man said.
"A battle where 'everything goes,' Where the only gospel is 'get ahead' And never spare friend or foe, 'Stay or be slain,' is the slogan cold, You must struggle and slash and tear, For Business is Business, a fight for gold, Where all that you do is fair!"
"Business is Business," the Big Man said.
"A battle to make of earth, A place to yield us more wine and bread, More pleasure and joy and mirth; There are still some handies and successions Who are jungle-beast brutes of trade, But their number dwindles with passing years And dead is the code they made!"
"Business is Business," the Big Man said.
"Just it's something that's more far more!"

For it makes sweet gardens of deserts dead, And cities it built now rear, Where once the deer and the gray wolf ran, From the pioneer's swift advance: Business is Magic that toils for man, Business is True Romance,
"And those who make it a ruthless fight, Have only themselves to blame, If they feel go whine of the teen delia In playing the Bigger Game, The game that calls on the heart-and-head, The test of man's strength and nerve: "Business is Business," the Big Man said.
"And that Business is to serve!"

Allen Rusaw left Tuesday morning for the home of Mr. Clyde Jarboe and will spend his New Year's holiday there.

Copy for changes of advertisement brought into this office after noon on Mondays of each week will POSITIVELY not be taken notice of until the following week, unless other arrangements happen to be made with the publishers.

GRAND THEATRE



DOUGLAS FAIRBANKS in Say! Young Fellow
An AUTOCRAFT Picture

Douglas Fairbanks
in, "Say, Young Fellow"

Doug playfully toys with the spinning flywheel of a huge engine in this one. It's a thriller, believe us!

Friday and Saturday, Jan. 2 & 3

Admission: Adults, 50c.

I WILL BUY LIVE HOGS

at the Stock Yards at

Empress and Bindloss

on

Wednesday, Jan. 7
Tom Rowles

You want him good and healthy. You want him fat and strong. Then give him a pure wool jersey, made by his friend, Bob Long.

Let him romp with all his vigor. Let the best boy in the land, and best always in every kind of thing.

If he wears a Bob Long Brand — Bob Long.

BOB LONG BOYS' PURE WOOL WORSTED JERSEYS

Known from "Cloak to Coat."

FOR HARD WEAR, COMFORT AND SMART APPEARANCE

R. G. LONG & CO. LIMITED
TORONTO — C. CANADA

Look for the Label

COOK'S COTTON ROOT COMPOUND

A safe, reliable remedy for all skin diseases, including eczema, psoriasis, and other eruptions. It is the only medicine that can be used on the face and neck without danger.

THE COOK MEDICINE CO.
TORONTO, CANADA

THE NEW FRENCH REMEDY

THERAPION NO. 1
THERAPION NO. 2
THERAPION NO. 3

These three remedies are the only ones that can be used on the face and neck without danger. They are the only ones that can be used on the face and neck without danger.

According to Red Tape

In giving vent to his feelings on his discharge, an old soldier wrote to his late colonel: "Sir,—After what I have suffered, you can tell the army to go to hell!"

To due course he received the following: "Sir,—Any suggestions or inquiries as to movement of troops may be entered on Army Form 123 XYZ, a copy of which I enclose."

\$100 Reward, \$100

Cataract is a local disease greatly influenced by constitutional conditions. It is hereditary in some cases, but in many others it is acquired. It is a disease of the eye, and it is a disease of the eye.

HALL'S CATARACT REMEDY is the only medicine that can be used on the eye without danger. It is the only medicine that can be used on the eye without danger.

Fine Record of Dominion

Canada Has Secured Moral Leadership of the Continent

"Canada has secured the moral leadership of the American continent by the part she has taken in world events during the past five years," said Hon. N. W. Rowell, president of the private council and chief representative of the government at the recent labor congress at Washington. In speaking to the Canadian club, Toronto, on the results and results of the conference, Mr. Rowell urged Canada to let her actions in the future be worthy of her record in the past.

In discussing the work of the congress, Mr. Rowell said that the far-reaching importance of the labor causes of the peace treaty, which ended the world war, has been lost sight of in the light of the international clauses. So much thought and attention had been centered on the league of nations that the character and functions of the international labor organization had not as yet been fully appreciated.

Mr. Rowell emphasized the eight-hour day, 44-hour week convention as of special importance, and dwelt on the prime necessity of cooperation between labor and capital.

DODD'S KIDNEY PILLS

Small Kidney Disease

23 THE P.K.

Drury Declines to Depend on Patronage

Aim is to Give Honest and Efficient Government to the People

Of Ontario

Premier E. C. Drury, addressing the Canadian Club at Toronto recently, was given a very cordial reception; about 1,000 club members being present. The premier made it plain that he was not going to depend on patronage or on servile party allegiance to retain power.

"I do not care whether my government is in power four years or four years," the premier said. "I will not resort to patronage to retain office, nor will I countenance anything that might lengthen the life of the government, if it is to be done at the expense of the people."

The premier said his great aim was to give honest, efficient, straightforward government, "and if the people are not satisfied with my policies and my administration," he added, "I hope they will dismiss me and I will return to my farm at Crown Hill. 'Caucus government will be a thing of the past,' he declared, "because the U.F.O. members are not servile, but men who will think for themselves and will be whipped into line. He thought the labor men also would be independent, which would be a good thing for the province."

The premier did not see why members of the legislature should be divided into opposition and government. He is going to be faced with a little difficulty or at least the speaker will have some trouble in deciding who is to be the leader of the U.F.O. "I am not opposition," he said, and the remark was greeted with laughter.

The premier announced that one of the big things which concerned him at present was the educational policy of the province. However, progress legislation was the object of the new government, he continued, "but nothing of a revolutionary nature would be required. We have good laws, but the trouble is they have not been enforced in the past," he added.

The Travelers' Palm

Wholesome Water Obtained From Trees in Madagascar

All the early explorers in Madagascar spoke with enthusiasm of one tree in particular which was common and of such strange appearance that it formed quite a feature of many parts of the island. This afterward became well known as the Travelers' Palm. Although it is not a real palm at all, these trees are spread out at the top of the trunk like a huge open fan. They are bright green shining leaves and have a very fine texture. The fan being held aloft on a leafless stem some 50 feet high forms a striking object. But the use which has given it its name is the quantity of pure water which is held in the length at the base of the leaf-stem. This water can be tapped for food and a draft of wholesome water obtained at will. It is thus a boon to travellers wherever it grows and thus earns its name.

Mirand's Liniment Cures Garget in Cows

Newspaper Production

The daily production of newspapers in Canada is 2,775 tons, or a total of 800,000 per year. Expansions now under way will increase the output by an average of 300 tons per day, or 90,000 tons per year. It is expected that in January, 1920, Canada will be producing well over 900,000 tons.

Only One "BROMO QUININE"

To get the genuine, ask for the full name, LAXATIVE BROMO QUININE Tablets. Look for signature of E. W. W. GROVE, Cures a Cold in Days. 30c.

Saskatchewan to Manufacture Brickettes

It has just been announced by one of the officials of the Lignite Board that the manufacture of brickettes from lignite will be commenced next year at Estevan, in Saskatchewan. The plant will be constructed by the Dominion, Manitoba and Saskatchewan governments, the federal department of mines having worked out the details. The necessary machinery has been ordered for a plant with the capacity of 30,000 tons of brickettes per year. The brickettes, it is stated, will be equal to anthracite coal as fuel, and it is expected will command a ready market in Manitoba and Saskatchewan.

Canada is nearly as large in area as the whole of Europe.

W. N. U. 1295

When You Know

you have a heart, it is time to watch your stomach. Palpitation and other signs of "heart trouble" usually mean indigestion, produced by food poisons that irritate every part of the body — heart included.

BEECHAM'S PILLS

Relieve and Benefit

Largest Sale of Any Medicine in the World. Sold everywhere in Canada. In boxes, 25c, 50c, 1.00.

Big Problem Solved

Decided to Internationalize Constantinople at London Conference

Packard Lloyd George and Clemenceau, in their recent conferences, took up the delicate problem connected with Turkey and decided to internationalize Constantinople, according to the London Post.

This, says the Post, may serve as an example to the United States, to join the intent in administering the region she refused to take on single-handed.

A MOTHER'S TRIALS

Care of Home and Children Often Causes a Breakdown

The woman at home in the household duties and the cares of motherhood, needs a tonic to keep her health in good condition. The demands upon a mother's health are many and severe. Her own health trials and her children's welfare exact heavy tolls, while hurried meals, broken sleep and much indoor living tend to weaken her constitution. No wonder that through weakness, headaches, backaches, nervousness, and other ailments, many mothers have grown to accept these afflictions as a part of the lot of motherhood. But many and varied as her health troubles are, the cause is simple and the cure at hand. When well, it is the woman's good blood that keeps her well; when ill, she must make her blood rich to renew her health. "The nursing mother in the world needs rich blood, and plenty of it. There is one thing she can do to get this good blood so necessary to perfect health, and that is through the use of Dr. Williams' Pink Pills. These pills make new blood abundantly, and through the use of thousands of weak and ailing women and mothers have been brought back to health and vigor. If you are ailing, easily tired, or depressed, let it be a daily toy once you have your family of Dr. Williams' Pink Pills a fair trial. What this medicine has done for others it will surely do for you.

Feeding Value of Sugar Beets

One ton of sugar beets carries 280 lbs. of digestible nutrients, as compared with 24 lbs. for corn silage or 344 lbs. for wet brewers' grains. Figuring corn silage at \$10 a ton, 110 lbs. of digestible nutrients would cost \$2.82. Figuring sugar beets at \$8 a ton, 100 lbs. of digestible nutrients would cost \$2.86, as compared with \$2.69 for 100 lbs. of digestible nutrients in wet brewers' grains rated at \$9 a ton. It must be admitted, however, that sugar beets are even more palatable than silage inasmuch as they contain only natural rather than fermented juices. It would seem, therefore, that to supply the same amount of silage is worth from \$8 to \$10 a ton in the silo, sugar beets should be worth from \$6 to \$8 a ton in the pit.

DARTING, PIERCING SCIATIC PAINS

Give way before the penetrating effects of Sloan's Liniment

So do those horrible twinges and the loin-aches of lumbago, the nerve-racking neuralgias of the neck, the joint wrench, the ligament sprain, the muscle strain, and the rheumatism.

The ease of applying, the quick relief, the positive results, the cleanliness, and the economy of Sloan's Liniment make it universally preferred. 50c. \$1.00—Made in Canada.

Sloan's Liniment
Keep it handy

Expenditure For Saskatchewan Education

Progress of the Educational System in the Rural Districts

Since the inception of the province of Saskatchewan in 1905, not less than \$13,000,000 has been expended by the provincial government for education, according to a statement just made by the Hon. Charles Dunning, provincial treasurer.

During this period, Mr. Dunning stated, public accounts showed a total expenditure for education of \$8,510,000. A further \$4,500,000 represented the proceeds of the supplementary revenue tax used for the advancement of education.

The progress of the educational system in the rural districts in Western Canada is understood when it is realized that the majority of the monies raised through the various school taxes and grants is expended in the establishment and maintenance of schools for the education of farmers' children.

There is nothing that makes more for human happiness than the simple fact that someone needs us, that some task is holding us fast. We may ignore the fact that it is a burden, but it is our great blessing.

When a mother detects from the writhings and fretting of a child that worms are troubling it, she can procure the reliable and immediately effective Worm Powders, which are guaranteed to expel worms from the system. They may cause vomiting, but this need cause no anxiety, because it is but a manifestation of their thorough work. No worms can lodge in their work these powders are used.

In the Chinook Belt

Great Fear Predicted for Southern Alberta's Livestock Industry

If Southern Alberta secures irrigation for all the areas for which it is now being considered, it will be the greatest livestock section of the West, in the opinion of Mr. J. Woolf, one of the old-line ranchers of the Canadian West, who has just returned to this province from a tour of inspection of the Utah and Salt Lake City.

"There is not a part of North America where cattle can be handled with so little shelter in winter as in the chinook belt." They can still be fattened in the open. I know, for I have done it in highland on my own ranch near Cardston. Now, when irrigation is secured, there are thousands of tons of alfalfa where there are now timbers, and when also spring up on every farm, the open ranges along the foothills will supply thousands of tons of alfalfa annually. It will be bought by the irrigation farmers for winter feeding. Southern Alberta irrigated farms will also be the chief source for cattle raised on the farms of Saskatchewan and Manitoba. The outlook for the ranching industry for cattle raising is one of the greatest chances of the farmer, and they will be wise if they keep it in mind.

One cube of clear galeum, weighing 98 pounds, has been quarried at Edgewood, B.C.

Minard's Liniment Cures Colds, &c.

Eight-Hour Day For Farm

Would Mean That the Price of Farm Products Would Soar Sky

"Can an eight-hour day be made universal?" was a question propounded at the 45th annual meeting of the Dominion Grange, Toronto, by J. C. Dixon of Warfield, master of the Grange. Mr. Dixon answered his question in the affirmative, saying that the day, but said it would mean people would have to pay 30 cents a quart for milk, \$2 a peck for potatoes, \$3 a bushel for wheat, and \$1 a pound for butter.

"Yes, an eight-hour day on the farm can be made perfectly practicable," he said, "and entirely workable the moment every other economic structure of this country is adjusted to the point that farm produce will be sold on the basis of cost of production, plus a profit. When that time comes, it does not matter what the cost of production may be, even how low down; it constitutes a day's labor on the farm. Even the child labor law may be employed, provided the farmer may charge that labor into the cost of production in what he sells."

The Scientific Mind

"This is a sixteen-year-old Royal Prussian. The mummy has been preserved for two thousand years."

"Does that include the sixteen years she lived?"

Some women are unable to play on any instrument except the ear drum.

London-Paris Air Mails Arranged

Parcels and Insured Correspondence Will Not Be Accepted

The Postmaster-General has made arrangements for the establishment of an air mail service between London and Paris. The service will extend to France generally, Italy, Spain and Portugal. Registered and unregistered letters, postcards, packets of printed papers and commercial papers and samples will be accepted for forwarding. Parcels and insured correspondence will not be accepted. A special fee of 2s. 6d. per ounce will be charged in addition to the ordinary foreign postage and registration fees, where payable.

The correspondence will be conveyed to Paris by aeroplane, arriving in normal conditions in time for delivery in Paris in business hours the same day. Correspondence addressed to Paris will thus be accelerated by about 16 hours. Correspondence for places beyond Paris will be forwarded by the next available aeroplane, and will usually gain 24 hours in delivery.

Piles Cured in 6 to 14 Days

Drosgate refund money if PIAZO OINTMENT fails to cure itching, Itching, Bleeding or Protruding Piles. Stops Itching, Swelling and Bleeding. You can get relief after the first application. Price 60c.

Caddish Caddy

Green Goff, "Does it make any difference which club you use?" Caddy: "Not to me it don't." Boston Transcript.

Dread of Asthma makes countless thousands miserable. Night after night the sufferer returns and even when brief respite is given the mind is still in torment from continual anticipation. Dr. W. K. Kellogg's Asthma Remedy changes all this. Relief comes, and at once, without further attacks are ward off, leaving the afflicted one in a state of peace and happiness. He believes he could never enjoy, inexpensive and sold everywhere.

Prize Money for Sub Crew

The Privy Council awarded \$150,000 prize money to the crew of the British submarine E-14 for sinking a German submarine four years ago in the Sea of Marmora. This constitutes a record prize and figures about \$5,000 for each member of the crew. The fact that it is due to the fact that it is customary to award prize money at a rate of \$25 for each person. The Turkish transport ship carrying 6,000 troops at the time it was torpedoed.

Sure Cures

The man who called to see you yesterday wore a cutaway coat and a stovepipe hat.

"He must have been the plumber."



Old Age Deferred

Business men who must speed up the works and make business boom during these days—after the war—must recognize the necessity of keeping fit. When mind is befogged, when you have dull headache or feel languid, when not "up to snuff," keep the bowels free with a mild laxative. In the morning take a tepid sponge bath (cold water may be used if it does not chill), follow with a brisk rub down; a sufficient "letting up" exercise in good air until you are in a warm glow. Have your bowels regular. Don't let the poisons accumulate in the intestines, but try a dose of castor oil the first thing on arising, or a pleasant laxative occasionally, such as one made up of May-aple, aloin and jalap, rolled in a tiny sugar-coated pill, and send in every drug store as Dr. Pierce's Pleasant Pellets. Then a cup of hot water before breakfast and you'll feel better than a king! If you continue in life thus, you can pass a Life Insurance examination at sixty.

If you wish to prevent old age coming on too soon, or if you want to increase your chances for a long life, you should drink plenty of soft (alkali) or distilled water daily. The water is the best of all soft drinks. Dr. Pierce's Auric (anti-uric-acid). This "Auric" drives the uric acid out and relieves backache and rheumatism, as well as kidney trouble. Auric dissolves uric acid as hot tea dissolves sugar.

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Decrease in Acreage Of Winter Wheat

First Estimates of U.S. Department of Agriculture Are Made

A decided decrease in the acreage planted for winter wheat this fall is shown in first estimates by the U.S. department of agriculture. The total of 38,770,000 acres is 11,719,000 less than the record acreage in 1918, or, however, the fourth largest crop ever planted.

Conditions of the crop on December 1 were 85.2 per cent of normal, or four points lower than the ten-year average, and 13 points below that of last year.

Agric. planted to rye also being a marked decrease, the area being 5,530,000 acres, or 1,700,000 acres less than the record acreage in 1918, or, however, the fourth largest crop ever planted.

A Prime Dressing For Wounds—In some factories and workshops caustic alkali is kept for use in cauterizing wounds and cuts sustained by the workmen. Far better to keep on hand a bottle of Dr. Thomas' Electric Oil. It is just as quick in action and does not scar the skin or burn the hair. There is no other oil that has its curative qualities.

B.C.'s Salmon Pack

The total salmon pack of the Fraser River this year was 158,718 tons, according to a statement of the pack for British Columbia just issued by Mr. W. D. Burdick, secretary of the Fraser River Packers' Association.

The Fraser River pack was composed of the following varieties of salmon: Sockeye, red spring, pink spring, white spring, blue back, steelhead, cohoes, pinks and chums. The total British Columbia pack was 1,393,156.

Many a self-possessed girl would like to transfer her possession to some man.



